



#46

**Theme:** Turbulent Rings

**Scripture:** Matthew 7:3 (NIV)

*“Why do you notice the splinter in your brother’s eye, but do not perceive the wooded beam in your own eyes.”*

**A Thought:**

Along the edge of a scenic lake and your eyes are following the waves that are lapping a few inches from your Vans. A serene and tranquil scene with only the sound of waves slapping one another as asking permission to pass. Near you are various shapes of small gray stones beckoning you to pick them up. You grab one and than another and with a side arm stroke you send them skipping on the water creating small and eventually large multiple rings. What was once tranquil and a quiet body of water grabbing the midmorning sun is now in chaos mode due to the rapid fire of stones (creating) turbulent and many, many swirling patterns. That in essence was my week. I have or had to decide in my heart and through prayer...am I the body of water? The waves? The stone thrower? Or, the turbulent rings? What a mess! To be honest it is difficult (for me at least) to seek God’s guidance when it is not a matter life or death. It is the stuff that we all experience daily that’s troubling...family relations, name calling, bad conversations - you know what I mean. It wasn’t immediate, but eventually I took a spiritual pause i.e., prayers, reflection, self-admonishment and contrition. Anger crushes the heart! Matthew 6:6 *“But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you.”* (NASB)

Now....what are your thoughts? Write them down.

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**Talk to yourself:**

- Have you experienced similar circumstances?
- Are you troubled by them? Do they happen often? If so, why?
- What steps should you take to ensure that there is even keel in your life?
- Does your heart harden when confronted with family issues?
- Do you let pride get in the way? Do you ask the Lord for help?

**Scriptures to read:**

- Unrighteous Anger: Genesis 4:5-8; Psalms 37:8; Proverbs 15:18, 29:22, 30:33; James 1:19-20; 3:10; Matthew 15:18
- Wisdom/Patience: Ecclesiastes 7:9; Proverbs 14:16,17, 29; 19:11
- Forgiveness/Loving Kindness: Matthew 5:21, 24; Galatians 5:19-21, 22-25;
- Ephesians 4:26-28; Colossians 3:8; 12-13

**Quote:** Unknown - [www.searchquotes.com](http://www.searchquotes.com)

“How you start your day is how you’re going to live your day. And how you live your day is the way you live your life.”

**Bottom Line:** I’m generally a happy chap at the start of the day. I have my routine of things to do and I generally accomplish them with aplomb if I may say so myself. If I just had not answered the phone. Three minutes of give and take over the airwaves...the aplomb became kaput! The tranquil lake as stated earlier swirled with rings of anger, irritability, exasperation and a few colorful words. Listen to what James 1:19-20 has to say about my impetuous behavior... *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry, because human anger does not produce the righteousness that God desires.”* (NIV). At seventy plus years I’m still learning...thank God He has not forsaken me! James 1:23-25... *“Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it – not forgetting what they have heard, but doing it – they will be blessed in what they do.”* (NIV)

**NOW.....THAT’S THE BOTTOM LINE.**

Spiritual Dabbler, Your bro, Ray

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